

## ENDS AND TRENDS WITH KIM AND KAREN

### Kim's Tip: Spring Hair Care Tips



It's springtime again! As the seasons slowly transition in to warmer temperatures, your hair still needs some extra attention to adapt to the changes. Here are a few tips to help protect your hair from humidity, wind, heat and moisture in the air.

- Lock-in moisture and protect your hairs natural oils with gentle moisturizing shampoos, cleansing creams and leave-in conditioners.
- Continue to use deep conditioners in the warmer months to keep hair healthy and smooth out cuticles that can stand out and cause frizz.
- Control frizz with anti-humectants and moisture sealing products, to keep existing moisture and repel excess moisture that causes frizz.
- Use styling products with UV protection to protect your hair and scalp from the damaging effects of the suns rays.